

AMENDMENTS TO THE SPECIFICATION

Please amend paragraph 0035 on page 9 of the specification as follows:

[0035] The exercise arm apparatus of FIGS. 1 to 6 comprises a pair of arm assemblies 15 each having a main arm 16, a swing arm 18, and a handle 20. The main arms 16 are secured together at their first ends, or may comprise one integrally formed, U-shaped arm member or yoke, with a pivot arm 22 extending from the central portion or connected ends of the main arms and having a pivot sleeve 24 defining a first pivot axis 25 for the main arms. Each swing arm 18 has a first end pivoted to the second end of the respective main arm 16 for pivoting about a second pivot axis 26 which is not coaxial with the swing arm 18, as can be seen in Figure 3. Each handle 20 is pivoted to the second end of the respective swing arm 18 for pivoting about a third pivot axis 28. Unlike the prior application referenced above, in this case the three pivot axes are not all perpendicular. In this case, the first and second pivot axes 25, 26 are perpendicular, as indicated in FIG. 6. However, the third pivot axis 28 is askew, extending at a non perpendicular angle to the swing arm center line, and is therefore also not perpendicular to either of the other two pivot axes. Pivot axis 25 is the main pivot which controls forward/rearward movement of the exercise arm assembly, while pivot axis 26 controls outward/inward movement of the swing arms, and pivot axis 28 controls rotational orientation of the handles. In this arrangement, no two pivot axes are parallel, and at least one pivot axis is non-perpendicular to the other two pivot axes. The non-parallel, non-perpendicular handle pivot axis allows for different orientations of the user's hand during the exercise movement.